

***Aleda E Lutz VA Medical Center
Resources for Health and Wellness***

<i>Healthy Living Message</i>	<i>Key Message for Veterans</i>
<i>Be Involved in Your Health Care</i>	<p>You can play an active role when you have a visit with your health care team. To get the most out of your visit, plan the questions you want to ask and the things you want to discuss. Be sure to leave the visit with information about your care. Here are some resources that may help you be involved in your health care.</p> <p>For More Information:</p> <p>VHA National Center for Health Promotion & Disease Prevention: www.prevention.va.gov</p> <ul style="list-style-type: none">• MyHealtheVet — The Gateway to Veteran Health and Wellness: http://www.myhealth.va.gov• Health Finder — Quick Guide to Healthy Living, Take Charge of Your Health*: http://www.healthfinder.gov/prevention• Ask Me Three — National Patient Safety Foundation*: http://www.npsf.org/askme3
<i>Be Tobacco Free</i>	<p>Did you know that quitting tobacco is the single most important thing you can do to improve your health and protect the health of your family members? If you quit smoking or using other forms of tobacco, you and your family will experience health benefits in the short and long-term.</p> <p>For More Information:</p> <ul style="list-style-type: none">• VHA National Center for Health Promotion and Disease Prevention: www.prevention.va.gov• Quit Tobacco — Make Everyone Proud*: www.ucanquit2.org

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	<ul style="list-style-type: none"> • VA Public Health Strategic Health Care Group smoking cessation resources: http://www.publichealth.va.gov/smoking/ • Tobacco Cessation Quit line: 1-800-QUIT-NOW • A government website with online resources to help you quit*: www.Smokefree.gov • Health finder — Quit Smoking*: http://www.healthfinder.gov/prevention
<i>Eat Wisely</i>	<p>Did you know there are simple actions you can take to eat wisely? By eating wisely, you will maximize your health. Look for a variety of foods including vegetables, fruits, and whole grains. Include fat-free or low fat milk products in your diet and try to limit salt, fat, sugar, and alcohol.</p> <p>For More Information:</p> <ul style="list-style-type: none"> • VHA National Center for Health Promotion and Disease Prevention: www.prevention.va.gov/ • The Food Guide Pyramid*: http://www.mypyramid.gov/ • Health Finder — Eat Healthy*: http://www.healthfinder.gov/prevention/
<i>Be Physically Active</i>	<p>Did you know that less than half of U.S. adults get enough physical activity? No matter what your age or body type, you can benefit from even small amounts of activity. You should avoid inactivity.</p> <p>For More Information:</p> <ul style="list-style-type: none"> • VHA National Center for Health Promotion and Disease Prevention: www.prevention.va.gov

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	<ul style="list-style-type: none"> • Physical Activity Guidelines for Americans*: www.health.gov/paguidelines • The President's Council on Fitness, Sports & Nutrition*: http://www.fitness.gov • Health finder — Get Active*: http://www.healthfinder.gov/prevention/
<i>Strive for a Healthy Weight</i>	<p>Did you know that your weight will remain stable if you eat close to the same number of calories that your body uses? To maintain your weight, engage in regular physical activity, eat wisely, and weigh yourself regularly. If you are normal weight, congratulations! Read more information to help you manage your weight.</p> <p>For More Information:</p> <ul style="list-style-type: none"> • VHA National Center for Health Promotion and Disease Prevention: www.prevention.va.gov • MOVE! Internet Website for Patients: www.move.va.gov • MOVE!23 Patient Questionnaire: www.move.va.gov/move23.asp • MOVE! Success Stories: www.move.va.gov/SuccessStories.asp • Over 120 different Weight Management Handouts: www.move.va.gov/handouts.asp?all • Health finder—Watch Your Weight*: http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicId=25 • Link to BMI table: http://www.move.va.gov/download/NewHandouts/
<i>Limit Alcohol</i>	<p>If you choose to drink, limit yourself to one drink per day if you are female. Limit yourself to two drinks per day if you are male. Avoid drinking too much alcohol at one time (binge drinking). If you are</p>

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	<p>concerned about your drinking, talk with your VA health care team about getting help.</p> <p>For More Information:</p> <ul style="list-style-type: none"> • VHA National Center for Health Promotion and Disease Prevention: www.prevention.va.gov • Rethinking Drinking*: Alcohol and your Health: http://rethinkingdrinking • Alcohol*: A Women's Health Issue: http://pubs.niaaa.nih.gov/publications/brochurewomen/ • Safe Driving Initiative Brochure: http://www.safedriving.va.gov/docs/safe_driving • Health finder* — Drink Alcohol Only in Moderation: http://www.healthfinder.gov/prevention/
<p><i>Get Recommended Screenings and Immunizations</i></p>	<p>Did you know it is important to keep up with your screening tests and immunizations? To prevent certain kinds of illness, talk with your health care team about the screenings and immunizations that you may need. All preventive services have benefits and harms. Depending on your preferences, you may wish to receive additional, fewer, or different services. Refer to the websites below to see which preventive services are recommended for you.</p> <p>For More Information:</p> <ul style="list-style-type: none"> • VHA National Center for Health Promotion and Disease Prevention: www.prevention.va.gov • Men Stay Healthy at Any Age*: http://www.ahrq.gov/ppip/healthymen.htm

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	<ul style="list-style-type: none"> • Women Stay Healthy at Any Age*: http://www.ahrq.gov/ppip/healthywom.htm • Adult vaccination screening form*: http://www.cdc.gov/vaccines/recs/Scheduler/AdultScheduler.htm • My Health finder*: http://www.healthfinder.gov/prevention/myHealthfinder.aspx • Health finder Get Screened*: http://www.healthfinder.gov/prevention/
<i>Manage Stress</i>	<p>If you are having difficulty coping with the demands in your life, you may be experiencing stress. Most of us like some challenges; however, too much stress creates problems in our lives. If you are concerned about too much stress in your life, read the information below.</p> <p>For More Information:</p> <ul style="list-style-type: none"> • VHA National Center for Health Promotion & Disease Prevention: www.prevention.va.gov • Veterans Crisis Line: www.VeteransCrisisLine.net • VA Mental Health Services: www.mentalhealth.va.gov • Manage Stress*: http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicId=45 • The American Psychological Association Health and Wellness tips*: http://www.apa.org/helpcenter/stress-smarts.aspx

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<i>Be Safe: Think Ahead</i>	<p>Did you know there are practical steps you can take to be safe? To maintain your health, it is important to be safe and protect yourself from sexually transmitted infections, falls, and motor vehicle crashes.</p> <p>For More Information:</p> <ul style="list-style-type: none">• VHA National Center for Health Promotion & Disease Prevention: www.prevention.va.govSTIs• American Social Health Association, How to use a condom*: http://www.ashastd.org/condom/• Clinical Public Health Program: HIV/AIDS: http://www.hiv.va.gov/• Health finder — Quick Guide to Healthy Living*: http://www.healthfinder.gov/prevention/ViewTopic. <p>Falls:</p> <ul style="list-style-type: none">• What You Can Do to Prevent Falls: http://www.patientsafety.gov/SafetyTopics/• Health finder — Reduce Your Risk of Falling*: Quick Guide to Healthy Living: http://www.healthfinder. <p>Motor Vehicle Safety:</p> <ul style="list-style-type: none">• Veteran’s Safe Driving Initiative: http://www.safedriving.va.gov/docs/• Driving Resources — Veteran’s Safe Driving Initiative: http://www.safedriving.va.gov/resources/driving.asp• Distracted Driving: Frequently Asked Questions and Answers*: http://www.distraction.gov/faq/
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*Indicates that the link leads to a non-VA website. The VA is not responsible for content on the site.